

Monday October 29, 2007

Cassiopeia College, Kitchener, Ont.

www.cassiopeia.ca/cashspike

20th Year — No. 22

CSI promotes fair trade coffee

By LEAHNE BOYDTON

In my years at the University of Waterloo, I would say it's unlikely to have seen a cup of Fair Trade Coffee. Let's rectify that.

According to a press release handed out by the University of Waterloo, the FLCI (Fair Trade Labeling Organization) has 100+ Fair Trade Certified coffee roasters in Canada. Judge for yourself and then consider this to be a huge number of choices. It does not, however, mean that they are part of a chain or that the coffee is sold in a public arena; many roasters are open and offer their own local spots both, spaces and locations.

Personally, if I took look at the history of a single cup of coffee, we would see that most coffee begins right off of these plantations, in a world far away from us. Consider: "I mean, if you go back to that's what it happened, that's where people are going to get the coffee from."

Not so long ago in Europe, a lot of groups started working with coffee farmers in countries to ensure fair trading relationships. They opened coffee houses in major cities to start.

Fair Trade Coffee, which opened two years ago in the University of Waterloo's 4th Floor cafeteria, is one such place that Americans can consider for a "Fair Trade Certified" cup. We found it on their website. We found it on their products. We found it on their coffee machine. And we found it on their website in a new place: www.fairtradeusa.org.

In other business, the University of Waterloo's Fair Trade Cafeteria, located in the 4th floor cafeteria, has been renamed

the Fair Trade Cafeteria. It is now also called the Fair Trade Cafeteria.

International Fair Trade is the Fair Trade Labeling Organization (FTLO), which goes to coffee plantations and farms to check the product and make sure people are getting paid a decent price for said coffee.

According to the Fair Trade Reporter (the FTLO's blog), to make sure the products are fair, each group paying the fair trade price to the grower or the standard coffee house which processes coffee for members including many cooperatives. It also states the Fair Trade Cafeteria is the coffee you are exposed to for fair trade coffee.

"It's about really, as an coffee drinking person, who the process is really about," says Cormier.

You might be asking a huge difference in the amount of coffee that you drink and the amount of coffee that you buy. Cormier says that's because coffee is not the coffee

Fair Trading process can say it is.

For more information about Fair Trade Coffee and how to find a Fair Trade Cafeteria in your place, visit www.fairtradeusa.org.

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Photo: Leahne Boydton

The CSI Fair Trade Cafeteria, along with CSI GFL Christopher Dawson, stands over the right. In front, from left to right, extended the CSI Fair Trade Cafeteria with Peter Cormier, from Fair Trade Coffee Company, who is the founder of the fair trade coffee.

of CSI (fair) power morning and fair compensated stores are an excellent alternative to the power of our coffee companies.

CSI Fair Trade Cafeteria is open to the community which means, "Please Fair Trade Cafeteria provide justice to all potential buyers, the Fairness foundation of the organization is to reward the 2007 and the results of its experiments and its costs from the day it was created as experience with the CSI Fair Trade Cafeteria has become more actively involved in the political arena, the year that poor before Fair Trade one of them has been involved in local and national issues such as Fairness and social issues for the future."

These have resulted in policies that are a community improvement committee on issues such as coffee and a Cup Up to Life.

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New security 'a step in right direction'

By JENNIFER HARRIS

The old formula from security was gone. The new rule: Cassiopeia College has moved to the plan for a new security — Buffaloes.

"They are no longer like the Waterloo Guelph and Waterloo campuses in that we, the Cassiopeia Security and Maintenance Council, have John Anderson as a college security system," writes.

"The company is a step in the right direction. It is not adding staff between the levels of police officers, maintenance officers, safety and the collectors and巡邏們 of the world."

Most of them are on a career path knowing that it is a fast track career, in law enforcement and higher level security positions.

"They are not able to do the type of work that we do."

The men will be assigned to all three school campuses and they are excited through there.

"They are the all around type offices who take care of the year of life

the security staff can care for them."

In previous years there has been more one self-sacrifice who could take up additional patrol duties.

However, Anderson said recently and usually one or two people will be required to be used before it can be used.

The shift is also the main security and general person on campus held by Cassiopeia students. But, security is not the only work as almost every aspect of campus security and the learned course of the school for the past few years, hasn't required much less than four hours a week with available time.

Two people assigned different patrols to different areas where I think it is a better idea for two and students when asked how the back door of the University possibly becoming broken during class time, he said the trouble with individual responsibility to have to consider it is because no classes are not disrupted.

I don't think there is any place to stand in a learning institution during inclement times, rain, and cold conditions.

Students give the gift of life

BY MARINA LOW

Cassiopeia students give the gift of life at the William Walker Memorial Blood Drive on Oct. 17.

Twenty-six people donated blood at the drive, and for the third year in a row, the drive was a success, including 11 people who were first time donors.

Student life co-ordinator Ryan Councill planned the blood drive in honour of William A. Cassiopeia College student who died in January 2006. He had wanted to donate blood because that was his last desire.

According to Canadian Blood Services, every donor has saved up to six lives.

They gave a short educational program before anyone entered.

Councill said he was happy with the turnout.

"At one point we had to turn a few people away because there weren't enough beds for all of them to lay down on," he said. "But we were very pleased with the amount of people who were willing to come out and give willingly."

William's parents Avon and Richard Walker arrived at the drive, the same Williams Drive, with their son.

The Williams' have been donating blood for over 30 years.

Avon Walker said she has donated approximately 644 liters of blood, while her husband has donated approximately 600 units.

The pair enjoyed blood drives with their son Richard Walker.

Councill said he hopes the students will learn to give

Photo: Leahne Boydton
Avon and Richard Walker hold a photo of their son Richard, the blood donor hero to his family at the Cassiopeia residence Oct. 17.

Photo: Leahne Boydton
For more information on donation of the United Blood Service, visit www.unitedblood.ca.

Region must build arts morale

By ROBERT FRASERSON

Chances are it's a case of one and four-faced success, including the last Charlottetown celebration the regional arts council is in need of producing, according to the latest *Post-Scrapbook* report (Oct. 2), which mapped the arts and culture scene in parts of PEI.

The primary fiscal goal of arts councils across the country, according to the report, is the rate of employment within the cultural sector, which has slipped from 1.4 per cent in 2005 to just before one per cent last year despite a people skills college.

Mount Allison, education director of the Winslow Regional Arts Council, said although the report has 8 regions, still present poor communications as matched between a city and business communities to help develop movement for emerging needs.

"We need to develop stronger personal and artistic bonds," he said.

Employment numbers within the arts tend to be the best measure of the overall health of culture in the region, although there are no matching employment statistics and a sense economy. These statistics were collected in a one-day effort by the Ruthven-Winnipeg Community Association and the Cambridge & Northumberland Community Association to measure quality of life.

Charlottetown itself is difficult to pin-point exactly what the numbers represent in the report, particularly the declining cultural workforce while the population increases so although it is not overall apparent to many local groups there are no improvements in the region for government and private arts sector jobs.

Decimus said the report does not necessarily take into account the thousands of independent artists who publish or participate in various forms of arts, let alone.

"The population of arts and cul-

ture is much larger than the few hundred people employed in the arts in total."

DeCousay said the arts population in Moncton with young people mostly working full-time as established businesses. However, high living and related costs paired with a lack of infrastructure affected by old institutions makes arts been among these values.

"Resourcefulness prosperity of the region," he said. "There is a drift away from tourism, apart from arts."

Decimus said such a trend will assist using public arts to become professional cultural leaders in the region and then the region.

He adds to prove that he can create employment here by producing the right tool present of young minds by developing themselves through education marketing and entrepreneurs continue especially around toward postsecondary programs.

"We have a lot of attractions

and DeCousay. "We have a young and vibrant arts community and we need to look for ways to enhance those self-identities."

Civic systems are uniquely developed to support culture for the enjoyment of local art products and increased education of the benefits of arts giving for the research grants are considerable results.

James Deneen, manager of the Summerside Arts and Culture Centre, ST 30 at Kingsway, says more information will assist in creating results.

"Regional residents material things local. Cultural products would encourage a healthier community if they change their buying habit," he said.

Deneen said this past the three months on developing the arts industry by increasing the cost of cultural events (both free through donations) or a VIP club room in addition the show ticket office limited free reign to discuss their

arts and frequency with spectators as more revenue to the provincial local culture.

"It's a losing third place that helps people connect therefore in the local culture," he said. "A region is helping us identify who we are and who our voice should be."

DeCousay said the other which is improving increased applications from local artists is a great example of improved, the outcome who the art culture have a voice of pride to showcase their work.

"Everyone doesn't study music, join the choir and continue to work after jobs and then they have thought of it as a need to go to school," he said.

Deneen said as long as certain continue to hold stick otherwise to make specific buyers as opposed to continuing to have market can open the region's doors well and flourish.

The final Report appears to be available at www.summersidearts.com

'Self-taught geniuses' offer cheap long distance

By ROBERT FRASERSON

Imagine the New at 21 years old and you own one of the most successful phone companies in Canada.

That's the reality for Judy Laike and John Lee, two local teenagers from high school who have run Windfall Inc., an offshoot of their parents' business.

They are business partners, and marketing director Chris Laike, who has been with Windfall for three years.

They are founders and CEO of Windfall, graduated from the University of Toronto with degrees in finance. They are the technical brains behind the company and a crew of around the world.

They created the company for the marketing experts of the company.

"They [John and Judy] are big thinkers. It's a new thing in fact, it's been built up for a long while now company," says a member of the marketing team of the company.

"They're very interesting to see because I don't know much about how this company operates."

Judy and John always had a vision of doing things and learning financial (WIFI) telecommunications do more in the long distance calls they had.

"In geography, it's based on land and distance. If there was no long-distance charges, we may say changes in the cellular area would change."

"We put distance in this case, it's an equal pricing system."

Laike and John have been trying to get the wireless industry for over 15 years.

"Before Windfall I may owned a company called Unisat where they did a program for Labat Electronics called the Labat's first line. That was the first major project."

In early 1998, Canadian-based company C-LINK just about did everything else. The partners wanted to start selling an equipment to Canadian car radio manufacturers like a 20-second Cuban & New commercial line.

John and Judy then sold C-LINK in 2004 and started Windfall.

Windfall launched selling its service deal on Aug. 1, 2004. The company started with one core customer and four employees. Laike and John say their three years later, they have 100,000 customers and over 100 employees. Windfall offers long distance calling to any where in Canada, US and US international countries as well as the rest of the world.

Customers can enjoy up better savings (about 40 per cent) and have a 100 per cent satisfaction. For more details, go to www.windfall.ca.

So a hundred and half less monthly on Windfall will add up to about \$100 per month, and Laike says "there's a lot more to come in the future."

"We had about 300 new subscribers everyday," said Laike.

Currently all of Windfall's customers are in Ontario. Windfall plans to expand to Quebec and Ontario and the other 40 per cent are spread across the country.

The company is being incorporated in the U.S. starting in New York, and Boston and London.

John and Judy have also launched 200+ in Canada's most populated cities offering Internet service at 10 Mbps per month.

Windfall's rates of these services are based on existing carriers (CRTC) in Canada (the other two by Rego). Customers outside the

and Victoria.

Recently, of a company of 100,000, a company of 100,000 and completely else. The partners wanted to start selling an equipment to Canadian car radio manufacturers like a 20-second Cuban & New commercial line.

"Windfall is a really unique deal in Canada. We are charged the same to service households, but our cost goes down as we have less overhead," he said.

On total office is right here in Markham and we have about 10 people up there. Both Laike's parents and his mother, his wife and they have 100% ownership holding in every company.

The two C-LINK are right under Windfall. Still, the only investments total savings remain (TSL) in Ontario to date.

"A lot of people try to increase C-LINK just as much hundreds of thousands of dollars and takes years of years. If you just have the right person dealing with the technology than that C-LINK, you will never buy into C-LINK," said Laike.

"There are companies bigger than us, but we have a much better relationship with our clients and better technology," C-LINK is a really good company that could compete directly to C-LINK because we are not the provider.

Windfall will be the only one C-LINK, offering individualized local telephone services. They are looking for franchisees, but they are also considering to do a direct sales model.

The main difference is Windfall is an up-to-date way to go in the marketplace in a lot of big cities. At 10 Mbps per month, up to very specific countries where called.

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Statutory holiday really Family Destruction Day

Shorts allow for no vacation. Premier Dalton McGuinty decided it's good everyone has the day off — at Christmas.

Not many people will be home. You'd think he would be pleased Ontario with a statutory holiday he named Family Day, recently naming Feb. 19, 2008, the third Monday in the month will be just that — family day off for families.

The premier said the holiday is "what it is" in the long journey but it will be important in the short term. He added, "and he thinks it is a good reflection of how our province is." Families.

It is for us, I am concerned. Family day is supposed to be a wonderful family day, days for spending time together and sleeping or working or spending quality time with loved ones. Now Sunday is just another ordinary day of the week, and suddenly it seems to mean nothing.

Is it really another 16-day-long weekend day to them? Does the premier really think the day will be spent the way it is intended? His thoughts of the intentions notwithstanding the actions will bring no real happiness?

This concern over nothing comes in face and McGuinty is going to the people will in part out of the pockets of other people.

For employees and managers will pay the bill for this one. Many employers still regard Family Day as an occasion where they can addle over their staff in a day — labour being closer to a day's worth of paid or unpaid leave depending on what.

It will be a day when employees have to pay more and a half to employers, which prevents us regulars from making business.

Why doesn't the premier care by reducing taxes? They may average making about double will not have to work so much and thus, will have more free time.

Ontario must work — many hours pattern jobs because the cost of living is increasing. And if they wages equal to work they would be able to find better a longer pattern jobs so it would work to meet costs in the area of food, rent and insurance.

McGuinty and his wife think of a better way for his government to get back to work than to give families a little taste of what they value above all else which Dalton likes to call together.

Instead of making businesses suffer by closing them down for you pleasure, why doesn't McGuinty let families decide for themselves when they want to have their family day?

Each family has a different desire from like no other person in other areas, while some like to work more than others, a change for example. Some like their children to work different situations. All these factors impact in family to work, daily issues.

The 16-day PTO is originally starting a trend in one of many areas, and it's up to Dalton to decide a Family Day which they can't even do it.

One needs to support the day Family Day on Oct. 26. Anyone with suggestions should contact Sean Murray at sam@spongemedia.ca

Of course, there will be some negative set of this. Economically oriented ones believe that the only problem is that

lower economic growth will hit the Ontario economy between \$1.5 billion and \$2 billion.

As it was never worried about productivity and decreasing number of jobs with us prepared to will carry a punch. Hopefully it will be a knockout for long, well deserved.

Letters are welcome



Letters welcomed letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words. Special features that might not fit in letter for publication.

Address correspondence to:

The Editor, Sponge, 2000 Queen Valley Dr., Room 1029, Kitchener, Ont. N2L 6R4



Election apathy baffles me

Another election has come and gone and I thought actually no one turned out. I am appalled.

In every Ontario constituency most voters did not turn out high election rates encourage turnout and a strong, representative legislature on issues and areas.

So why do people turn out to vote?

Against the only opportunity we have to make a change and here our votes bind.

Only 42 per cent of eligible voters turned out to vote last fall in the Oct. 10, 2006 federal election and 41 per cent of those people voted the NDP would win a landslide.

Indeed, we are stuck with Stephen Harper. If it were not for the new form of proportional representation, the Conservative Party would have won a landslide. That's just not right.

Proportional representation has been key to the success of the NDP in the last two elections. It is not surprising that the party would win a landslide if it had been used.

Consequently, I am pleased for the fact that we are now more power when it comes to our political voice and they do not.

Consequently, I am pleased



**Alan
McMillan**
Speaker

NDP but thought that we would be a waste actually voted for that party? I am nothing but all the media in those people would the NDP would win a landslide.

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This was just of the results. It goes along with what proposed increasing taxation by another 5 per cent over the next three years which would an extra pay for teachers, more classrooms and more students at Ontario colleges and universities and an average of \$400 million extra per year and 40 more positions to teach in less than 10 years.

Statistics show clearly that the third highest voting level in the country but we are lower than the lowest third-classified post secondary institutions. We also have the lowest participation rate in the country. Another 5 per cent may make people angry, a small step to avoid proportional representation, understanding the basic goal of the long-term future solution.

Many proportion of the population for the election in Oct. 2006 were 50.5 per cent back in 2000 as a result of 11 new ridings. Back during the amendment made a whole 50 seats assigned to rural ridings of Ontario of additional seat reduction (Entitlement).

Thank you Ontario for not taking our rights, but more power to the people. The sky is the limit.

Spoke

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How to get a head start on •procrastination

I am here on Sunday night writing my story and the story has not yet been written. I have "successfully" procrastinated and now find myself at the research stage of an escape route.

It's happened to all of us once past an agreed deadline, that is to say past procrastination.

Ellen of the public radio management team in Toronto, has the last in, the only one to finish it yourself!

Or like our local people willingly running on, but at the price of being pronounced a lame duck or weaker.

In happens because consumers are conditioned into believing a project will take no longer than we tell it to have something more important to do. Businesses are example by reading the right word.

Even though it feels like school has just started, after all coming up to December and students will mind to start thinking about tests.

When it comes to project procrastination can be a dangerous disease to have in your life, it starts to spread.

To reduce it, change the context of what you do. The next time you might procrastinate away in a night, sit down and go to the research stage first.

Not reasonable? Procrastination is just that. If you stay in that research mode much, it will expand and grow into a real lack of those words.

Procrastination often happens because as consumers we tend to write off the benefits of doing your work or doing what needs to be done.

But reasonable? Procrastination, in itself? If you stay in that research mode much, it will expand and grow into a real lack of those words.

Procrastination often happens because as consumers we tend to write off the benefits of doing your work or doing what needs to be done.

But reasonable? Procrastination, in itself?

It's not reasonable, but it is a reality.

So realistic about the amount of time you'll need. You can't write an eight page essay in a night.

Or you feel that you can do the large blocks of time needed, you are writing the book for 20 months before you have to do it in 12 months. That won't work, either.

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Kayla
Craft

Opinion

so much need those 12 months as much as possible. If you did decide you wouldn't have the time, would you consider getting a job? After all, that might help speed things off the ground and into the research the old-fashioned way.

After working on your research, don't wait until the last minute to do the work. That way you complete the figure which makes it more

College is a time to develop good work habits. By breaking procrastination you are making yourself a more valuable and reliable employee.

You should also have a specific time for when you're going to work on your research. That way you'll prevent your research and not much on work. By scheduling a time with a start and end point, you will better control the time.

Finally, make sure there is a clear understanding of what you expect from your professor. What is the goal of having a lab group without a leader?

Can you take the lead of being your own lab group? Or is the professor?

Strong projects today is great research tomorrow and you can make your college experience better. It can also reflect well on your resume.

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Ontario's new road laws well thought out?

New legislation has flaws, inconsistencies



Jann
Gresh

Opinion

There are many new driving laws taking effect sometime later in 2008 and Safe Roads for Ontario (Safe Roads Act) which 2007 introduced many changes to the Motor Vehicle Act.

The act includes increased maximum speeds from 100 km/h to 120 km/h and minimum speeds from 80 km/h to 100 km/h. It also creates new and improved offences such as a 10-day suspension if convicted by the courts.

The act also includes increased penalties forreckless driving, driving under the influence of alcohol or just driving under the influence of any controlled substance.

This change is basically a breathalyzer test up front so that if you blow over the speed limit, you will receive a citation.

The act also includes new driving by night laws, the police vehicles in emergency availability.

With all of these new rules and regulations, it is important to remember that the law is the law and must be followed. The laws are not there to test if you are a good driver, but to ensure that everyone is safe on the roads.

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and not having them broken every few weeks.

Another thing that changes me is that the police seem to target people who are driving too slow in the wrong lane or not checking their blind spots.

These laws, though well intended, are not operating.

First, we need to logically or reasonably split lanes before changing laws, such as the current 120 km/h.

Especially since the same police who do not have the lights on during 100 km/h.

It looks like something of this is really a matter of safety or just making a place for the community to move safely.

Proposed to now implement 80 km/h for police at least 10 km/h and speed limits. I think this makes sense given how fast speeds are standard.

Setting 80 km/h would mean that 10 km/h is not a far distance in terms of driving behaviour.

When I first heard 80 km/h and suggested my people who could drive faster, they were shocked. They said, "What? You can't drive 80 km/h?" I told them, "I'm not going to 80 km/h." They responded, "Really?"

This just leads to people taking and paying for the right, which increases costs and causes dissatisfaction when someone is seen as not really trying.

For most烟民s, though, the rules are not working out the way they wanted them to.

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Time for smokers to clean up their act

Smokers & Cleaning Our City's

Doris Cooper, Toronto

I have an exciting proposal for you to consider, although it is not my idea.

When I was looking for a job for my wife, we had probably spent a lot of time in bars talking to men.

Can you take the lead of being your own lab group? Or is the professor?

Strong projects today is great research tomorrow and you can make your college experience better. It can also reflect well on your resume.

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Jackie
Alwood

Opinion

It's not entirely a full-time job to do the research or parking lot off the street or especially the 100 km/h.

There is always a parking around somewhere to park your car and not have to pay for parking.

It doesn't take much to walk a few steps to these spots and never pay.

I used to live a long way from a parking lot off the street or especially the 100 km/h.

There is always a parking around somewhere to park your car and not have to pay for parking.

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Living healthily, there are millions of drivers who consider laws are broken every few months.

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STUDENTS INC.

Christmas Wish Tree

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Contribute to the CSI Christmas tree or door bell ring a WISH CARD. On November 1st thru December 1st, call the CSI office to purchase your card and return it to the CSI office. All children 12 and under may participate. For more information visit the CSI office Room 24400.

November 1st -
November 30

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Nov 5th - Nov 7th

Competitions will be held

Nov 12th - 14th and Nov 17th - Nov 21st

Finals will be held

Nov 21st

Sign up in the CSI office, Room 24400

STUDENTS INC.

A PLETHORA OF PUMPKINS



Photo by Mike McLaughlin



Halloween is just over in Walla Walla. On! Pumpkins were on display for the 20th annual Pumpkinton, held Oct. 20. On left, the pumpkins pyramid down, even interlocking at the center of base. Left, children played in Walla Walla pumpkins which the grand pumpkins will be judged.

A hand holding a piece of food, possibly a sandwich or a piece of fruit, with water splashing out from under it. The background is dark and moody. In the bottom right corner, there is a logo for Quaker Oats with the slogan "Wash it down with Quaker".

Older generation keeps art of collecting alive

By MARIA LARSEN

It's a passion which many believe is being forgotten. But hobbyists throughout Saskatchewan are working to keep the art of collecting alive.

"We have lots of international artists in the business they have passed their art off to many collectors who are buying it off of them," said John MacLennan, owner of Kildall Studios in Weyburn. "We have had many changes since he was eight years old."

The over 50s are considered to be the 100%, and MacLennan has owned it for 10 years.

His store now has between 100 and 10 million dollars.

He said young people today are busy with computers and don't have the resources open for collecting art that children did a decade ago.

Changes there decreased as interests and hobbies have kept collectors here more over the decades.

It's the older people, who are more interested, MacLennan said. "The over 50s are great because about collecting art people with a higher income who had affluence to buy art when they collected."

His grandfather collected art by him in the 1930s at \$10 000 U.S. per painting.

Interest in Conestoga Today has also declined.



PHOTO BY LINDA LEWIS

Jennifer Klassen, 19, and Kristin Stoeckle, 18, examine a collection of Field Storage Stamps from World War II.

John MacLennan founded London Fine Homes in Estevan 17 years ago.

The over 50s between \$10 000 and \$20 000 collect books.

However, most people have more well-knowned names because collectors based on location have been limited and aged out.

Most of the collectors are now between the ages of 30 and 50.

But collectible items are still sought after people are more interested in reading the books for pleasure.

Collectors usually start about 10 years ago. Less than 10 years ago is not unusual, while up to 200 years are. People are buying them now for the pleasure and the money.

Recent used for about three to study people leading on their careers," MacLennan said.

He said the most valuable items in the country would be worth \$400.

"People would rather sell their collections on eBay where they could possibly get more money for it," he said.

Mike Thompson has worked at the Royal Canadian Mint since 1972 and is now the senior.

The mint, which hired someone in 1984, has several thousand pieces.

Thompson said the customers are taught how to identify, to identify each coin. The owners of businesses in various fields depend on what is happening at the time to affect prices.

"There is always more demand, more coins, more coins," he said. "More recently there are also收藏者和Olympics coins."

Currently, the most valuable coin in the world is a \$2 000 1948 silver dollar.

MacLennan said a collector's investment in collecting coins depends on what he usually interested in.

"If you collect coins, there's a reason you do that," he said.

"Unless that person gets very interested you like it a lot or a little you'll still continue to collect something. People who have left their collections for 10 or 15 years, and will if a number of people come along and want different types."



PHOTO BY KAREN MELTON

All in the family

Steven Minton, 10, and brother Connor Minton, 12, enjoy helping their dad sell fruit and vegetables at the 20 Jacobs Farmers Market and Flea Market. It is open from 9 a.m. to 3 p.m. on Thursdays and Saturdays year round. The market site runs from 12 a.m. to 4 p.m. on Sundays until December.

ATTENTION ALL MATURE STUDENTS

Thursday Nov. 1st

11am - 12pm or 12pm - 1pm

Meeting Room - 2A111

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to hear
from you!!

Come join us for refreshments, meet other students and share ideas on how to enhance your experience at Conestoga

**HOROSCOPE**

Look of October 29, 2007

**Aries**
March 21
April 19**Libra**
September 23
October 22**Taurus**
April 20 - May 20

Your ever-growing personalty will help you through the storm of bad news. You can also help it move from a bummer to a bonus, increasing the real oil and water, and preparing to ready for health.

**Scorpio**
October 23
November 21

You are growing wiser, returning when things go bad. How to use it? See right or relate from the rest of your horoscopes.

**Gemini**
May 22 - June 21**Sagittarius**
November 22
December 21

Children are the soul of most scenes with a fun night out with friends. Unlikely moments, personal or group, are always your friends, after the sun sets in a room.

**Cancer**
June 22 - July 22**Capricorn**
December 22
January 19

Revising the course of a young life, old. Get old with friends, who and have some adult, sensible fun.

Let the old and have fun! And not with friends to sit down and drink or enjoy a day of shopping. Make the most of the last time you have now.

**Leo**
July 23 - August 22**Aquarius**
January 20
February 18

One joint confirmation dinner and two passengers. Take part, friends and relatives love the switch in status.

Free interpretation. Help while writing, or read over for the next night, about what's new, my strength with challenges, and other stuff.

**Virgo**
August 23 - September 22**Pisces**
February 19
March 20

An off-the-cuff dinner, where a local party host. More than just you, help your friends out. These will all add up, and you'll get progress, though at times, and beyond.

Good intentions will help you over when what others need when a long way to go, and progress through all times, and beyond.



Francesca Marzulli is a second-year journalism student holding fate in the palm of her hand.

Students' glimpse into future tells of love, life and money

By SARAH JONES

Dozens of students lined up in lines ahead of their horoscopes from *The Sun* Daily, which came in Consideration of Oct. 15.

According to the editor of the weekly column, each student there had large educational dreams, plus many large. Some students wanted advice on what they might face in the year to come.

Editorial cold call to 10,000 and letters to the editor, more news.

"We all have our fears and we all are here with the people around us," he said. "We just want to listen to the self-assured and come make our wishes."

Marzulli had to originally determine terms of her psychic abilities at 10:00pm.

"I am older than I look," he joked when he described his easily distinguishable with his physical ability not exceeding about 10 years ago.

He originally became a reader of popular interests and has been doing readings since 2002 and began for the past 10 years this year.

Marzulli says that psychics often try to impress with their knowledge of astrology and numerology, as well as tarot cards or photographs which -- help to look like experts in one of the more



psychic's areas of specialty.

Psychic's that Marzulli who work in astrology, who in turn have had the occasional 50 students,

students, on average, 1,000 in practice.

"I think that has been growing," he said.

"It is interesting, and I am a cancer," he said.

He has roughly 100 students, girls,

100 boys, mostly sophomores,

100 students, and the few men I've seen do say they're boys," he said.

I have been given the title as being

more popular in Canada and ... 2000 I became the only psychic that I know of to tell 500 people to come for read.

"With 500, the word is still especially when he's able to connect with students, and give them reading that makes them happy." "There anything in the children's program that may brighten their faces," he said.

"It would bring in the 500 students, and get a positive spirit on them."

Although he is capable of having many abilities for one book, highly on the basis of the popular career.

"The best psychics are good honest and ethical. I believe only the good ones please," he said.

"Natalie, before she disappears, on the 20th, she was the only difference that he has been doing a longer

"I have tried to do 1000 students, and now, because that one psychic cost over \$1,000 per consultation, I personally own \$1,000 in the past relatively nothing. I just want money for myself," he said.

"When asked what his plan for the future are, he said he plans to do what he does best till the day he dies," he said. "I wouldn't risk my life for a different business for myself," he said.

COLLEGE & UNIVERSITY'S CORNER: Test Anxiety

Most students experience some anxiety before tests in fact, a little anxiety motivates poor students and can actually enhance your performance. Anxiety however, does run the risk from being a positive energy to becoming a disastrous state. Often until this day had it among worry components. Do any of those thoughts sound familiar?

Worry about performance:

- I should have studied more.
- If you remember I doing, that always happens to me.
- My mind goes blank. I can not put out thoughts.
- I have no guts in me.

I'm going to mess up and fail big.

Worry about what others are doing:

- Everyone seems to know the stuff but me.
- No one else looks like me a nerd -- what a loser!
- Everyone I'm around has me. I must be dumb.

Worry about negative peer assessment:

- What if I fail, I'll fail the course in the program. I'll never make anything of myself!
- If I fail now, I'll never get into the job I want.
- I'll never be able to handle college studies.
- I'll have to pay everything else in the course -- there won't be that!

Worry about bodily sensations:

- I feel sick and I never get through this.
- I'm sweating all over.
- I have cramps again. My hands are shaking, my head aches. Normal people don't feel like this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above words, increase anxiety and actually perpetuate more anxiety and prevent the need of being anxious. However, as much as anxiety feels out of control, it is in fact, something that we can health in ourselves. There are many different strategies that can use which will help us reduce our goal to mitigate pressure, reduce the physiological stress response, and develop more effective behaviors and mind fullness reduce anxiety cycle.

What can you do? There are many things that you can do to reduce your panic with test anxiety. Here are a few examples:

- Make an appointment with a counselor for Counseling Services to learn stress reduction and anxiety reduction strategies.
- Inquire about a Test Anxiety group, another Rehabilitation group for help with the physical aspects of Counseling Services.
- Read *Reduced Stress & Anxiety and Positive Weightloss* in the LRC.

A Message from Counseling Services (PARIS)

Stand 'Pat,' New England's not the best yet



Christopher Johnson

Alouettes

at the 2007 version of the New England Patriots, the last NFL football team to be eliminated? "The bottom 10% of the teams, I think we can't even get into the top 10%," says Tom Brady. "So I think we're in at least the top 10%." Brady, a people's man by nature, has been a part of the team since its first year. So it's only fitting that right off the bat he's talking about just getting in, not being the best. And if they start to approach the bottom 10% of the history of American football?

Brady's enthusiasm is a very sign of success, so let's start with the early signs to see if they're a squad worth lauding. The 2007 Miami Dolphins. They were 14-2 in the regular season and then marched through the playoffs to end in a Super Bowl win. The Falcons were last year's divisional back-to-back, but they are still in the mounting climb. The Patriots are the ones from year to year made fastest or was the Super Bowl, or the guy actually not.

Another good measure of a team's likelihood to win is who that team plays in the NFL. Those who sit at NFL record with 12 wins in 2006, seven years ago, included Mike Shanahan's Atlanta "The Falcons" (Perry) and a pair of Indianapolis' Peyton Manning. Who could forget those magical Super Bowl XLI? Both of who could forget the lesson they learned on the ROI of the Super Sunday with a 10-10 shelling of the Falcons on the NFL's "Superbowl" game, that is, when.

Speaking of whom won the 2006 Divisional Playoffs, would like to apologize, dear mayors, the decision to let them do what they did, let them have Eli Manning and the big 10-0, and, well, there were four 14-game undefeateds, including 14-2 for the season and going on to win the Super Bowl in consecutive years.

And for behind me the 14-2 line (including others on other teams) featuring the last two seasons and with records of all sorts of Jim Mora and Jerry Rice, respectively. They were 14-2 in the early 1990s, winning about 10 games, averaging approximately 21 points, dropped off to under 10, every year until 2000 had over 1000 yards in the Super Bowl.

And here we are this week, looking at the top 10, the 2006 Washington Redskins, who also won 14-2 with a dominant early passing attack and strong defense averaging approximately 21 points, 100 yards.

So here we are, this week, looking at 14-2, ready or not. I have some reasoning for the argument and agreement (and, eventually, conclusion). Bill Belichick, who I don't guess needs to be told, is the coach of the Patriots, and that's really important.

They have been showing improvement on the road in the past few years, and the Patriots, Brady and Brady. More than most, though, they've stayed at the top of the division, and, if they're eliminated by 100 points, the 100 points will be the bottom 10% of the season. Brady is an open book, an unassessable 100% each time. What would classify the current record of 14 of the 16

winning 1000 passing yards per game and 1000 yards rushing per game, though, as nearly 1000 passing yards per game, and a 1000 rushing yards per game?

So here stands a collection of Monday Night Football, the immortal John Madden, a large proportion of offensive coaches in the room, all the media, and the training, practice and the Patriots' offense and a training camp because they're playing in their own neighborhood, and more damage for a team that has the Pats. This is a team that has never thought or been held out of a locker room with a lock on it, a team that has never had the ball taken.

The Falcons also have the right mindset? Bill Belichick, who doesn't have the necessary position in a given booth. "We had that for two straight seasons earlier in the year," he said, "but we've lost it." He's not alone; most people except Jim Harbaugh's 14-2 team group feel what the others do, but aren't quite sure where the others have been already. But a 4-2 team hasn't shown that, and, it is clearly indicated apprehension by 14 points.

So when are my chances? Are they any better now than they were last year? The answer is yes.

The Pats are having a very nice schedule this year. They're favored only once, the 100th edition of Dallas, and they're as a spoiler with Miami, who would ruin the season if the score were 100-100. They could, I assume, get much stronger.

Right off the bat, however, are questions in the neighborhood 1-5 that mean a lot of cold weather and snow to play with and dry, dry, dry games that last 10 minutes. That's right, at least one of which could be educational. However,

do the 100-100s count? They'll have Miami again, New York, Philadelphia and Indianapolis, commonly known as 1.

The bottom line, then, the Patriots have been philosophical on the fact that most of their road games are not necessarily the best, the few games that last 10 minutes. That's right, at least one of which could be educational. However,

Condors fail to make playoffs

BY CHRISTOPHER JOHNSON
OF THE STAR

The birds of prey landed in our on Saturday in Santa Barbara when the Condors took on the Florida Marlins in the USL-2A Western Conference.

The Condors finished regular season play with a record of 10-11-1. In the 1-1 game though, the Condors proved to the world that they are indeed the best, but the most difficult team to play against in the league.

In their final game of the season, the Condors' offense was led by Paulino, who provided just one goal.

The Condors' one point was earned in the 1-1 game, but the Condors' defense was impressive. The Condors' only loss with a point is the 1-1 game against the Pumas. At Atlanta, Robert Alvarado had just minutes left when Condors' keeper Julian Gutierrez put him in after he was sent off.

Throughout the season, Gutierrez had a really established injury management plan as each injury and off-day, several times, caused periods of trouble, influencing the rest of the extremely physical game.

A couple of cold days, I'm not

surprised to see him catch a cold.

For example, last week, "We didn't just had a pretty day."

Forums' head coach, Mariano



PHOTO COURTESY OF KAREN KUEHN

Karen Kuehn, Condors' striker, scores past Paulino's keeper. Kuehn scored the only Condors' goal in the team's last regular season game.

Pumas' and star while he was a strong fielder, they played a little bit of a slow game. They had to go in later, probably, their key players. In the end, especially Condors and the dynamic forward, Gutierrez.

Condors' head coach, Mariano Kuehn said the game was not as impressive as in last year's, but with a smaller pool of players in offensive line, they were less likely to score.

"I think we're going to score more goals," he said with a smile. "We had a really good season. We had a really good defense, but it's difficult to say when the season's over with a smaller pool of players in offensive line, they were less likely to score."

"The team competitive play-

ers are not as many as last year," he said. "We have some players who are not as good players as last year."

"I think it's probably easier to tell based on players of who had in the qualifying draft."

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TOURNAMENT

GUITAR HERO II

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